



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

A QUICK CASSEROLE FOR CHRISTMAS SHOPPERS

December is a busy month and everyone gets busier as the holiday season approaches. Since a large portion of time is spent in planning and shopping for Christmas, the busy homemaker will welcome some time-saving meals that will appeal to all members of the family.

A good cold weather meal is a casserole which contains canned Maine sardines, cheese, and cooked potatoes. It is nourishing, palatable, attractive, as well as time-saving.

The Maine sardine is a small silvery fish called the sea herring. It is found in the cool waters off the Northeastern coast of the United States, the bulk of the catch being off the coast of Maine.

Maine sardines are usually packed in vegetable oil. They are also packed in olive oil, mustard sauce, tomato sauce, and several specialty packs. They are excellent sources of proteins and some of the essential vitamins and minerals.

The home economists of the Bureau of Commercial Fisheries, United States Department of the Interior suggest that you serve "Maine Sardines and Potatoes au Gratin", a quick casserole for those busy Christmas shopping days.

MAINE SARDINES AND POTATOES AU GRATIN

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| 2 cans (3 $\frac{1}{4}$ ounces each) Maine sardines | dash pepper |
| 2 tablespoons chopped onion | 2 cups milk |
| 2 tablespoons butter or other fat, melted | 1 cup grated cheese |
| 2 tablespoons flour | 2 teaspoons Worcestershire sauce |
| 1 $\frac{1}{2}$ teaspoons salt | 1 $\frac{1}{2}$ quarts sliced cooked potatoes |

Drain sardines. Reserve 6 sardines for top. Cook onion in butter until tender. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add cheese and Worcestershire sauce. Arrange half of the potatoes, the sardines, and the remaining potatoes, in layers in a well-greased 2-quart casserole. Cover with the cheese sauce. Bake in a moderate oven, 350° F., for 15 minutes. Garnish with the 6 sardines and continue baking for 15 minutes. Serves 6.

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